

Methods

A scoping study was conducted to review the international scientific literature from 2003 to 2013. The Integrated Model of Population Health and Health Promotion was modified to analyze publications. Ottawa Charter strategies (OCS), population health levels, determinants of health/social determinants of health (DOH/SDOH), and key HP principles were assessed.

Results

54 publications, categorized under the main approaches of ecological, person-centered care, relationship-centered care and workplace health promotion, applied HP in NH setting. Although most approaches had not labelled HP specifically, all approaches did apply HP through the OCS of creating supportive environments and of re-orienting health services and most recognized the importance of the DOH/SDOH of governance, physical and social environment. The OCS of developing personal skills for staff was less frequently targeted and strengthening community action, building healthy public policy were seldom targeted.

Conclusions

This study reveals that HP was applied in the approaches. However, it was often not recognized as HP and the HP framework was under-utilized. Therefore, the approaches maximal effectiveness and full potential were not reached. Recognition and implementation NHs as a viable new setting (Health Promoting Nursing Homes) under the settings approach, would assist in improving the well-being of residents and in ensuring a healthy workplace for the staff at local, national and global levels.

Key messages

- Health promotion offers a systematic framework to improve the well-being of residents in nursing homes
- Promising approaches exist which apply HP to NH setting

A Scoping Study of Health Promotion in the Nursing Home Setting

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Background

Nursing homes (NHs) in many countries follow the medical model of care, which can compromise basic human rights and liberties. Moving away from a medical model of care to one in which the well-being of the NH resident is central and in which active aging is embraced, requires a health promotion (HP) framework. It was explored which HP approaches currently exist for the NH setting.